



## Bristol Ageing Better Partnership Meeting

Tuesday 10<sup>th</sup> May 2016, 10am-1pm  
Action for Blind People

Adam Rees, BAB Director opened the meeting, describing the upcoming developments including the commissioning of the Group Work and Peer Support and our newly named Learning for Life Together (formerly Schools for All Ages). Adam encouraged partners to look out for new funding opportunities over the next year. See here for open applications - <http://bristolageingbetter.org.uk/open-applications/>

The Kick-Start fund is taking off with 30 services arranging new start-up activity groups for older people throughout the Bristol community. This has given life to some quirky ventures and new ideas with the potential for some of these groups bidding for more funding from other BAB projects in time. It is great to see our partners delivering through BAB support.

We're already looking past the Summer (whilst hoping we get a sunny one!) as the Autumn will bring larger scale commissioning and collaboration, so keep your eye on the updates and website.

### **ACTION FOR BLIND PEOPLE/ SENSE**

Adam introduced **Clive Brown** of **Action for Blind People** and **Sharon Bryant** of **Sense** who are running a collaborative project, funded through BAB, together with **Action on Hearing Loss**, **Hanover Housing** and **Guide Dogs** and have also kindly provided the space for this meeting.

Clive told us about the new project Living with Sensory Loss (LWSL): a roll out of supportive sessions which cover things such as practical skills, shopping, social housing and looking after the sight or sense that is there. Following the general ones there will be more specific sessions offered.

A staggering 80% of visual impairment can be prevented or cured. Clive talked about the link between sensory loss and mental health issues which could be triggered by loneliness.

Sharon from Sense told us about how they are working with people with both sight and hearing loss and how this can raise different challenges. Many who have dual loss do have

some sense and so learning to use this to their best advantage is a key factor in reducing isolation and loneliness.

The sessions are three hours long and are being held at a range of venues. Family members and carers are also invited. Transport is provided.

Hanover Housing is working with the project as they offer care homes, support and housing to older residents, many of whom suffer isolation and loneliness.

Clive and Sharon look forward to sharing their learning with other Group Work projects.

Any interested can get in touch with Simon Cox on 9537750 or [bristol@afbp.org.uk](mailto:bristol@afbp.org.uk)



#### Q AND A



Clive said it would be good to consider linking in with the reviews of walking routes that are happening over the city.

Substance misuse can be an accelerator of sensory loss and so this is something that can make needs more complex.

The incidence of glaucoma is higher in BAME communities and so this is something the sensory charities are aware of.

The signs of dementia can often be the same as sensory loss also – something to look out for as practitioners and community workers.

## DEMENTIA WELLBEING SERVICE

**Trish Caverly** presented from the **Dementia Wellbeing Service** about the collaboration between **Devon NHS** and the **Alheimers Society**. They are creating personalised wellbeing plans for older people with any form of dementia and are also providing support to their GP's and carers.

The aim is for the person involved to live as well as possible and the project has been rolled out in Bristol. Every GP practice in Bristol has a named practitioner and a named navigator. A carer can have a navigator if the patient does not. The navigator will signpost and provide support, such as in attending appointments.

850,000 people in the UK have dementia, 4,000 in Bristol.

### Q AND A



Trish encouraged everyone to use community groups to help identify people who don't have the support of a GP, to identify and treat dementia.

The Dementia Wellbeing Service only takes referrals from GP's.

Adam talked about how Bristol working towards and gaining Age Friendly City Status will link into this in raising awareness of dementia.



## BAB COMMUNITY RESEARCHERS

Adam introduced **Penny Beynon** and **Jeremy Groome** who are part of the wider team of Community Researchers, who completed the asset mapping in Greater Fishponds.

Penny and Jeremy set out the role of the Community Researchers and their brief for the asset mapping, essentially being to collect existing information on neighbourhood assets in Greater Fishponds with wider uses.

The team used various methods to collate the data – internet, on foot, speaking to older people, telephone etc.

The conclusions were interesting. There were strong community groups and churches were frequently used as a venue for activities. There is no central hub in the area for information about activities. Distribution was patchy in some areas.



**Penny and Jeremy, BAB Community Researchers**

Many people living on the Easton side of the area would participate in Easton activities – raising the question of whether the neighbourhood partnership method of collecting data is adequate in light of the apparent tendency for people to navigate towards cultural communities they feel aligned to.

A key message from Penny and Jeremy was the general inadequacy of public transport to cross through to different parts of the area. The hilly aspect makes it all the more difficult to get around. There are also natural divisions such as the cycle path which has limited crossing routes and can be seen as hazardous to some.

This highlights the need for transport to be provided for older people travelling to new and existing activities.

Penny and Jeremy also talked about personal barriers such as low confidence, bereavement and lack of mobility. They talked about the ethnicity of the population and how this varies across the area.

Funding is a major issue for organisations trying to deal with national cuts and the challenge of securing local authority funding. Eastville Library is the only one to be closed although it will now change to a community centre.

The community researchers have learnt from the asset mapping with tips such as making contact with key contacts at an early stage, avoiding Summer holidays, whether to look at resources over the boundary, considering transport links and arranging to meet people to gather information in their own environment.

Adam summarised how this work has informed his decision to rethink Community Development commissioning. Naomi Woodspring is now undertaking a review of the Community Development for Older People project to consider how we can be more strategic in our commissioning and how we can align with existing Community Development work in the city.

## **OPENSACE**

The meeting then broke out to the 'Openspace' to look at four areas:

Adam, Ruth and Bianca had separate discussions with Partners about Evaluation, Commissioning and Being a Partner. The Partners could ask questions and find out more about BAB's plans for the coming year and onwards.

### **Bianca Rossetti led the Partnership Working discussion**

*Bianca says: 'Our group of 9 BAB partners discussed what being a BAB partner meant to them and what they would like to contribute to and get from being in the partnership. The importance of being inclusive of organisations who work with people of all ages was felt by*

partners. Some good ideas for topics for future partnership meetings, as well as suggestions for the structure of meetings, were shared. A couple of partners discussed their experience of working with older people in care homes, with both aware of the fact that residents are very keen to spend time doing things for others rather than being 'done to'.

*I'd like to encourage all partners who are keen to speak to others to consider posting in the 'Partner Forum' on the BAB website. Here people can discuss ideas, ask questions about BAB and even post about resources they are in need of or could offer, such as event space, volunteer capacity or volunteering opportunities. I will also look to hold a specific meeting for partners to discuss online networking methods in future.'*

### **Stories led by Silvia – Communications**

Silvia had a productive group discussion with many of the partners and they shared the following tips.

Silvia says:



*more functions  
canva for certain  
and clear graphs  
crop them to fit*

[Canva.com](https://www.canva.com): Allows you to create banners, images, covers using their free illustrations and resources. Some items are priced, but each one is \$1, and you can get by without having to pay anything. You can upload and use your own images and logos and also use your own colour schemes.



[Piktochart.com](https://www.piktochart.com): Same concept as Canva, but it has for presenting statistics. It can be less flexible than things like size, but it's super useful to create beautiful (I usually create them there then download them and presentations or reports).

*Both these platforms are free, and you don't need to download any software to use them. BONUS: Also I'm sharing this blog post which has helped me collate royalty free images to use while promoting things [17 Amazing Sites With Breathtaking Free Stock Photos](#).*

*Also, it was agreed that Partners with contacts in local media could share these with me. I currently have contacts for: The Pigeon, Fishponds Voice, Downend Voice and The Bristol Magazine (among other media contacts, these are the more grass root/community based media contacts I have), Carers Support Centre, Healthwatch Bristol, Bristol CCG. I would appreciate it if you could help us build up our networks of communications.*

*I'll follow up some of the ideas brought up today, and hopefully we'll see more people hearing about BAB and the partner's work around Bristol, to reach out to those who have not taken the first step yet for reducing their isolation.*

*Finally, please remember BAB has established social media channels and updates that reach professionals and older people working towards reducing isolation and loneliness among older people in Bristol. We are happy to promote your activities, so more people can be directed to them and benefit from them. Please share this information with me, and I will be able to tell you how we can promote it.*



**Imogen Tagney and Kathryn Talboys from Bristol Drugs Project**